

January - February 2016 www.resourcesforseniors.com

Free AARP TAX AID

Starts Feb. 2 - April 13

Available Tues. and Wed. 9 - 3.

You MUST sign up for an appointment.

ANNUAL CHILI COOKOFF & BUTTERBEAN AUCTION.

Thur. Jan 28 at 10:00 - NOON

Enter your favorite chili to win a fabulous prize. Sponsored by Carillon Assisted Living of Wake Forest.

Sign up to attend and enter your prize winning chili by Jan. 25

SPECIAL EVENTS -- See back for more programs and information

- * **Emergency & Disaster Planning.** Jan. 12 with Steve Newton - Wake Co. Emergency Management. See page 2.
- * **(NEW) CAREGIVER/ GRIEF Support Group.** First meeting Wed. Jan. 13 2:30 pm. Facilitator is Kristin Lassister - Heartland Hospice. More info. Pg. 2.
- * **(NEW) - Resources for Seniors and Senior Center Website Training.** Available Jan. 25 at 12:00. Open to seniors, caregivers & community
- * **Tai Chi for Arthritis for Fall Prevention Instructors Training** - See back pg. 3
- * **Valentine Advocacy Month.** Express to your Legislature what the Senior Center means to you. See back for more information.
- * **Senior Financial Care Program 1 on 1 Counseling.** Wed. Feb. 17. pg. 4
- * **AARP Safe Driving Class** - Registration required Feb. 26. See back pg. 4.

Everyday

- 8:00 - 5:00 Craft Room & Community Outreach
- 8:00 - 5:00 Body Shop Fitness Room
- 8:00 - 4:30 Computer Lab *(closed during scheduled classes)*
- 8:00 - 4:30 Cards and other games *(DROP-IN)*

Monday

- 8:30 Low-Impact Aerobics - Level 2 w/ Laura
- 9:30 Blood Pressure Check - *(dates and providers listed on back)*
- 10:00 Low-Impact Aerobics - Level 1 w/ Pandora
- 10:00 Decorative Painting with Les Tryon
- 10:30 Blood Pressure Checks *(Jan. 25 & Feb. 22 Dr. Casey Baldwin RFS)*
- 10:30 Basic Exercise/Strength Training
- 10:30-1 Ping Pong *(call to schedule room)*
- 11:00 (NEW DAY & TIME) Newcomers Social & Laughter (Feb 8)
- 11:30 Bingo
- 12:00 - 3 Computer Tutor w/ David *(by appointment)*
- 1:00 Zumba Gold with Maria Bolanz
- 1:00 Beg./Inter. Line dance w/ Ronnie Pignataro
- 2:00 Open Painting Workshop
- 2:00 Shag Lessons w/ Gaylord Picard
- 2:30-3:30 Ping Pong *(call to schedule room)*
- 3:00 Ballroom Dance Lessons w/ Gaylord Picard
- 3:30 Chair Yoga w/ Marty Gooch

Tuesday

- 8:30 Core & Flex Training with Laura
- 9:00 Shell Art *(call center to register and details)*
- 9:30 Beg. Tap Dance w/ Leneve
- 9:30 Beginning Watercolor Class with Gaylord
- 10:00 Presentation *(see Special Events)*
- 11:00 **Storytelling Workshop (Jan. 12, 26 & Feb. 9, 23)**
- 12:00 Acrylic Painting w/ John Duza
- 12:30 Mahjongg
- 1:00 Wood Carving
- 3:30 Theater Group - *(Jan 12 & Feb. 9)*

Wednesday

- 8:30 - 4 **(On-site)** Info. & Assistance Service Coordinator - 1-On-1 Counselor *(appointments required 1st & 4th Wed)*
- 8:30 Low-Impact Aerobics - Level 2 w/ Laura
- 9:00 Ceramics

Wednesday (continued)

- 9:45 Low Impact Aerobics - Level 1 w/ Pandora
- 10:15 Basic Exercise/Strength Class
- 10:45 Sing Along
- 11:00 Bridge
- 1:00 Quilt! Quilt! Stitch and Gab
- 1:00 Ladies of Valor Sewing Group
- 1:00 Pinochle
- 1:00 Book Club *(Jan. 20 & Feb. 17)*
- 1:00 Pottery and Clay Class
- 2:00 Zumba Gold
- 2:30 **(NEW) Caregiver/Grief Caregiver Support Group - Jan. 13 & Feb. 17 at the Senior Center.**

CENTER CLOSED
Jan. 18 - MLK Day

Thursday:

- 8:30 Tai Chi w/ Norma—*(Ends Jan. 28)*
- 9:00 Gentle Yoga w/ Laura
- 10:00 Presentation *(see back for details)*
- 10:00 Beg. /Inter. Line Dance w/ Ronnie Pignataro
- 10:30 Bingo *(Dates and Providers listed on Back)*
- 11:00 Line dance Practice Team
- 12:30 Open Watercolor Studio
- 1 - 3 Mahjongg
- 1:00 Canasta / Hand & Foot / Pinochle
- 1:00 Wood Carving
- 3 - 5 Ping Pong *(call to schedule room)*

Friday:

- 8:30 Zumba Gold w/ Maria Bolanz
- 8:30 **Beginner Bridge Lessons with Charles (last class Jan. 15)**
- 10:00 Acrylic Painting w/ Alma Burke **(New Time 9 - 12 starting Jan. 22)**
- 10:00 Low-Impact Aerobics - Level 1 w/ Pandora
- 10:30 Balance Training
- 10:30 Mountain Dulcimer w/ Cricket Wright
- 11:30 Chess, Checkers, Mexican Train Dominoes
- 12:00 Bridge
- 12:30 Beginner Dulcimer with Cricket. **(last class Jan. 29)**
- 12:15 **(NEW TIME) Gourd Art - with Dick Balcon**

FREE WAKE TECH CLASSES AT SENIOR CENTER!

Class list attached and at the center OR check our website

(FREE) AARP TAX AIDE PROGRAM - Volunteer Counselors



Available Tuesdays and Wednesdays from 9 - 3.
Appointments are required starting February 2.

Volunteers provide free assistance with income tax preparation for seniors and low-income people. This program is restricted to relatively simple returns, and cannot prepare business returns, state returns from other states, estate tax returns, etc. Call center for an appointment and information.



ON-SITE SERVICE COORDINATOR - Susan McGuire.

One on One Counseling, Information and Assistance.

Call for Appointment. 1st and 4th Wed. Each Month from 8:30—3:45.



Thank you on behalf of the Northern Wake Senior Center staff and Resources for Seniors to everyone who participated in our Annual Christmas "Holiday Dreams" Program. You made a HUGE difference in 6 seniors lives and making their Christmas special. They asked us to express their gratitude for your thoughtfulness and generosity.



JANUARY - (center closed Jan. 18th - Martin Luther King, Jr. Day)

- 1/4 Mon. 9:30 am **BLOOD PRESSURE CHECKS.** Provided by Stay At Home Senior Care.
- 1/5 Tues. 9:00 am **SHELL ART CLASS —starts back.** See Rose Bunch if you are interested in joining her class. Cost for supplies vary.
- 1/6 & 27 Wed. 8:30 **ON-SITE SERVICE COORDINATOR—Susan McGuire.** One on One Counseling. Call for appointment. She is available 8:30—3:45.
- 1/7 Thur. 11:30 **BINGO.** Sponsored by Stay At Home Senior Care of Wake Forest.
- 1/8 & 15 Fri. 8:30 - 10:00 **(Last 2 CLASSES) BEGINNER BRIDGE LESSONS WITH CHARLES SABISTON.** If you are interested in a future classes please sign up on the waiting list at the front desk.
- 1/11 Mon. 9:30 am **BLOOD PRESSURE CHECK.** Provided by Franklin Manor
- 1/11 Mon. 11:30 am **BINGO.** Sponsored by Franklin Manor
- 1/12 Tues. 10:00 am **PRESENTATION: EMERGENCY & DISASTER PLANNING. READY WAKE! MAKE A PLAN. GET A KIT. STAY INFORMED. PREPARE FOR EMERGENCIES NOW!** Join Steve Newton from Wake County Emergency Management. The likelihood that you and your family recover from an emergency tomorrow often depends on the planning and preparation done today.
- 1/12 Tues. 10:30-1:30 **COMPLIMENTARY HAIRCUTS BY JOANNA** Owner of Main Squeeze Hair Salon. Call for appointment.
- 1/12 & 26 Tues. 11:00 am **STORYTELLING WORKSHOP.** Open group and newcomers welcome. Please join Lauren and Drew Bridges, local writers & storytellers, if you want to learn the basis of storytelling. No experience needed just an appreciation for a well-told story and a desire to tell one of your own.
- 1/13 Wed. 8:30 - 10:30 am **(NEW) BEG. ACRYLIC PAINTING CLASS w/ ALMA BURKE.** 9 weeks class. Max. 15 students. Jan. 13, 20, 27, and Feb. 3, 10, 17, 24, March 2, 9, 2016.
- 1/13 Wed. 2:30 pm **(NEW) CAREGIVERS/GRIEF SUPPORT GROUP.** Monthly meetings. Second Wednesday at 2:30pm. Hosted by Kristin Lassister from Heartland Hospice. Join us on Jan. 13th at 2:30 for our initial interest meeting. We will meet one another and find out a little more about participants' needs/desires based on their current situations. This will be a casual meeting that will help us determine the direction for this new support group. Refreshments will be provided. Group open to seniors, family members, caregivers and the public community.

JANUARY (CONTINUED)

page 3

- 1/14 Thur. 9 - 10:30am **(NEW) CRAFT CLASS - TREE OF LIFE PAINTING CLASS.** Join Christy Colebank for this fun painting class. Cost \$5.00 for supplies. Sample in front lobby.
- 1/14 Thur. 10:30 am **BINGO** - Sponsored by Carillon Assisted Living of Wake Forest.
- 1/14 Thur. 9:30 am **BLACK HISTORY CELEBRATION** - Join us for light refreshments.
- 1/18 Monday **CENTER CLOSED.**
- 1/19 Tues. 10:00 am **PRESENTATION: 'LETS TALK WITH THE DOCTOR'** - Meet and Greet Dr. Adam Wolk from Alignment Healthcare of Wake Forest. Light refreshments will be provided
- 1/21 Thur. 9 - 10 am **(NEW) CREATIVE WRITING CLASS.** Join Drew Bridges and Toni Snyder in this 6 week class. Both of our instructors have had their books published.
Classes are Jan. 21 & 28 and Feb. 4, 11, 18 and 25. Call center to sign up.
- 1/21 Thur. 10:30 am **BINGO.** Sponsored by Brookdale Living Wake Forest
- 1/22 Fri. 9 - 12 pm **(NEW TIME) Alma Burkes' Acrylic Class** will start at 9:00 starting on Jan. 22.
- 1/25 Mon. 12- 1pm **PRESENTATION: NEW RESOURCES FOR SENIORS and SENIOR CENTER WEBSITE TRAINING.** Join Scott Waterhouse in revealing our new Website and learn how to access services for yourself, family members, caregivers and staff. Local business are welcome to attend this training to learn how provide additional assistance to your participants and clients. Call center to sign up. No charge for training.
- 1/25 Mon. 10:30 am **Blood Pressure Checks** provided by Dr. Casey Baldwin, Pharmacist from Resources for Seniors
- 1/26 Tues. 10:00 am. **PRESENTATION: BALANCE ASSESSMENTS WITH FALL PREVENTION TRAINING.**
Provided by Allied Rehab of Wake Forest. Sign up at front desk.
- 1/26 Tues. 11:00 am **BALANCE ASSESSMENTS** after presentation. Sign up at front desk for assessments.
- 1/26 Tues. 2:00 pm **SENIOR CENTER ADVISORY BOARD ORIENTATION FOR NEW/EXISTING MEMBERS.**
Provided by Senior Center Staff and Town of Wake Forest Staff.
- 1/26 Tues. 3:00 pm **SENIOR CENTER ADVISORY AND ADVOCACY BOARD MEETING.**
- 1/28 Thurs. 10 - 11:30 **EDUCATION AND CONSUMER GROUP: CURRENT EVENTS .** This is an information and discussion group. Moderated by RoseMarie Betuker, retired AP Government teacher and taught at Firelands College in Ohio. Sign-up at front desk.
- 1/28 Thur. 10 - 12 **SOCIAL- ANNUAL CHILI COOKOFF AND BUTTERBEAN AUCTION.** Enter your fabulous chili to win a wonderful prize. Come and join us for great chili and fun. The Butterbean Auction will be sponsored by Carillon Assisted Living of Wake Forest. Deadline to enter and to sign up to be a judge is January 19.
- 1/28 Thur. 10:30 am **BINGO** - Sponsored by Carillon Assisted Living of Wake Forest.

UP-COMING TRAINING: AVAILABLE TO OTHER SENIORS, NON- SENIORS and OTHER PROFESSIONALS:

January 30 and 31, 2016. Sat. and Sun. 9:00 am - 5:00 pm.

Cost and registration information: email: meghancreations@gmail.com

Registration can be done on-line at tchi.org

TAI CHI for ARTHRITIS FOR FALL PREVENTION - TRAINING WORKSHOP. This training is designed by Dr. Paul Lam MD and is open to anyone with or without Tai Chi experience, however ONLY qualified participants will be certified to teach. CEU's available. Instructor is Meghan Bryant. She is a Master Trainer for the Tai Chi for Health Institute .

To register or if you have questions about training contact her at meghancreations@gmail.com. or for more information contact Miranda at the senior center. This workshop is co-sponsored by Resources for Seniors and The Tai Chi for Health Institute.

****** In Case of Bad Weather—dates are Sat. & Sun. February 6 & 7.**



- 2/1 Mon. 9:30 am BLOOD PRESSURE CHECKS.** Provided by Stay At Home Senior Care of Wake Forest.
- 2/2 Tues. 9 - 3 FIRST DAY - AARP TAX AIDE PROGRAM.** Every Tuesday and Wednesday. You must call for appointment.
- 2/3 & 24 Wed. 8:15 - 3:45 ON-SITE SERVICE COORDINATOR - Susan McGuire** Offers Assistance and Counseling for Seniors, disabled adults and family members. Call center for appointment.
- 2/4 Thur. 10:30 am BINGO.** Provided by Alignment Healthcare of Wake Forest.
- 2/4 Thur. 12:30 - 3 pm (NEW) LIVING HEALTHY WORKSHOP - DIABETES SELF MANAGEMENT CLASS.** Evidenced Based Program developed by Stanford University. You are invited to attend this FREE and FUN six weeks program to help you live a healthier life. Learn to manage pain or fatigue, increase activity and confidence, how to eat healthy and take charge of your life. Space is limited. Sign up at front desk. Feb. 4, 11, 18, 25 and March 3, 10.
- 2/8 Mon. 9:30 am BLOOD PRESSURE CHECKS.** Provided by Franklin Manor
- 2/8 Mon. 11:30 am BINGO.** Sponsored by Franklin Manor
- 2/8 Mon. 10:00 am VALENTINE ADVOCACY EVENT.** Great opportunity for our seniors' to advocate for themselves by sending a Valentine to their legislature(s) thanking them for funding their senior center and other senior centers in the county. Other days will be provided throughout February for anyone not able to attend this day. Valentine Cards are available. More information will be available at the center.
- 2/8 Mon. 11:00 am (NEW DAY AND TIME) Newcomers Social & Laughter:** Orientation for new members. Great opportunity to meet other new members, staff and class instructors. Light refreshments.
- 2/9 Tues. 10:30-1:30 FREE HAIRCUTS BY JOANNA,** owner of Main Squeeze Hair Salon. Appointment needed.
- 2/9 & 23 Tues. 11:00 am STORYTELLING WORKSHOP.** Open group and newcomers welcome. Please join Lauren and Drew Bridges, local writers & storytellers if you want to learn the basis of storytelling. No experience needed, just an appreciation for a well told story.
- 2/10 WED. 2:30pm (NEW) CAREGIVER SUPPORT GROUP** lead by Kristin Lassiter from Heartland Hospice. This group will meet once a month on the 2nd Wed. of each month. Call center for more information and to sign up. Refreshments will be provided. Group open to seniors, family members, caregivers and the public community.
- 2/11 Thurs. 10 - 11:30 (EDUCATION AND CONSUMER GROUP: CURRENT EVENTS .** This is an information and discussion group. Moderated by RoseMarie Betuker, retired AP Government teacher and taught at Firelands College in Ohio. Sign-up at front desk. Feb. 11 & 25.
- 2/11 Thurs. 10:00 am (SOCIAL) VALENTINES DAY CELEBRATION.** Entertainment provided by Jim and Gerald. Refreshments provided. Please sign up by Feb. 9.
- 2/15 Mon. 9:30 - 10:30 Blood Pressure Checks** provided by Stay At Home Senior Care - Wake Forest
- 2/15 Mon. 12:00 pm (TRAINING) CAREGIVERS TRAINING FOR IN HOME SAFETY AND FALL PREVENTION.** Training presented by Teresa Hale from Allied Rehab - Wake Forest.
- 2/15 Mon. 11:30 am BINGO -** Sponsored by Stay At Home Senior Care.
- 2/17 Wed. 10:00 - 2 pm Senior Financial Care Program 1 on 1 Counseling.** Provided by Triangle Family Services in Raleigh. 10:00 am - 2:00 pm. **Appointments required.** Coaching sessions include topics relevant for you: social security, Medicare, reverse mortgages, benefit programs, senior discounts & bargains, senior investing, long-term care, estate planning, how to improve & repair credit, debt management plans for credit card debt, help in understanding/sorting medical bills, help in making complex financial decisions and much more.
- 2/18 Thur. 9:30 am PRESENTATION: TOP 10 REASONS FOR HEARING TEST.** Presentation by Evaluation Hearing.
- 2/18 Thur. 10:30 am BINGO.** Sponsored by Brookdale Living of Wake Forest.
- 2/22 Mon. 10:30 am Blood Pressure Checks** provided by Dr. Casey Baldwin, Pharmacist from Resources for Seniors
- 2/25 Thurs. 10 - 11:30 EDUCATION AND CONSUMER GROUP: CURRENT EVENTS .** This is an information and discussion group. Moderated by RoseMarie Betuker, retired AP Government teacher and taught at Firelands College in Ohio. Sign-up at front desk.
- 2/25 Thurs. 10:30 am BINGO -** Sponsored by Carillon Assisted Living of Wake Forest.
- 2/26 Fri. 12 - 4 pm AARP SAFE DRIVING CLASS.** Class will be held from 12:00 - 4:00 pm. Sign up by Feb. 23. Cost: AARP members \$15. Non-members \$20. Learn defensive driving techniques, proven safety strategies, new traffic laws & rules of the road. Registration required.

Free Wake Tech Classes at Northern Wake Senior Center: Wake Tech Classes for Winter 2016

Computer 201 w/ Jerry Glenn – January 25, 26, 27, 28, 29, 2016.

9:00 – 11:00 a.m., (Max. 9 students)

Computer 301 w/ Jerry Glenn – February 3, 4, 5, 8, 9, 10, 2016.

9:00 – 11:00 a.m., (Max. 9 students)

Intro. to Microsoft Excel w/ Jerry Glenn – February 22, 23, 24, 25, 2016.

9:00 – 11:00 a.m., (Max. 9 students)

Picasa Photo Editing w/Jerry Glenn – March 7, 8, 9, 10, 2016.

9:00 – 11:00 a.m., (Max. 9 students)

Lectures

Microsoft Windows 10 w/ Jerry Glenn – March 1, 2016. (Must bring own laptop)

12:00 – 2:00 p.m., (Max. 22 students)

Internet Searching Techniques w/ Jerry Glenn – April 1, 2016.

12:00 – 2:00 p.m., (Max. 22 students)

Important Notes about Wake Tech classes:

An asterisk * means the class is full or has already begun.

If you see a class you'd like to take and it is full or has already begun, see front desk personnel to put your name on waiting list, however there is no guarantee class will be offered again.

Wake Tech class application form MUST be submitted and signed no later than one day prior to 1st day of class or lecture.

Students MUST be in 1st day of class. NO ONE is allowed to start class on the second week (or class).

Arrive for class at scheduled time – latecomers will be considered absent and not allowed to enter the class.

Wake Tech classes are **college classes**. It is important that all students be **committed** to attending **every** class they have signed up for. Instructors are paid by Wake Tech to teach these classes at **no charge** to the students. If you miss more than two classes in a course, you may not be considered for another Wake Tech class. If students sign up and do not regularly attend classes, Wake Tech will discontinue offering these special classes to NWSC.

All students receive a certificate upon completion of each Wake Tech class.



VISIT OUR NEW AND IMPROVED WEBSITE !!!

Visit www.Resourcesforseniors.com for more information
about the Senior Center and Resources for Seniors, Inc. services and programs.

Our new website is also mobile friendly and can be viewed on a cell phone or tablet with ease!